



**Introduction to *Mass4YOU – Your Employee Assistance Program***  
**844-263-1982, TYY 711**



*Group Insurance Commission*



*@MassGIC*

# Benefits and Eligibility

***Mass4YOU is available to all active state and municipal employees and their dependents who are eligible for GLC benefits***

- Mass4YOU is **CONFIDENTIAL**
- Mass4YOU provides a wide range of services – most at no cost, including:
  - Three (3) in-person or Tele-EAP counseling visits per issue, per benefit year
  - Legal, financial and mediation services
  - Unlimited work/life referrals such as child care, elder care, pet care, identity theft, relocation resources, photographers, plumbers, and more

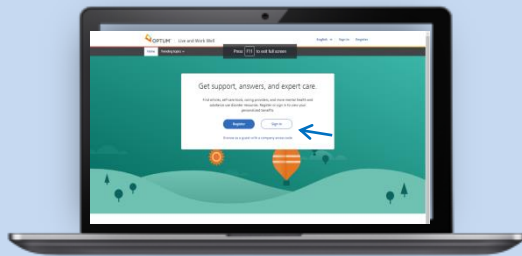
# 3 Ways to Access Mass4YOU Benefits & Services

**Dedicated GIC #  
(844) 263-1982**



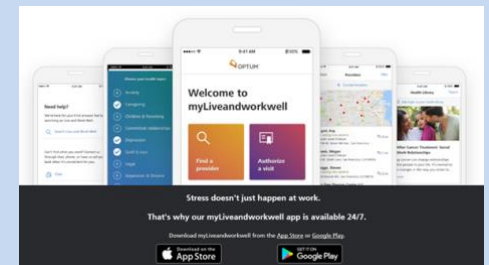
**GIC member or  
family member with  
*Mass4YOU***

**Mobile App  
myliveandworkwell  
free download**



**Website**

[www.liveandworkwell.com](http://www.liveandworkwell.com)



# Services for Employees

## 24/7 access to Master's-level EAP Specialists, and Referrals

### Personal consultation and referrals for

- Mental health and substance abuse issues
- Relationship and life changes: separation, divorce, remarriage, birth and adoption
- Workplace challenges
- Financial and legal issues
- Child and elder care resources
- Convenience services

Access via phone, Web and Mobile

## Unlimited Crisis Support and Consultation



# Legal, Mediation and Financial Services

## Legal

- One 30-minute telephonic or in-person consultation per issue per year – no cost
- Ongoing representation by an attorney at a 25% discounted rate

## Mediation

- One 30-minute telephonic or in-person consultation per issue per year – no cost
- Access to professional mediator(s) and ongoing representation at a 25% discounted rate

## Financial

- Telephonic access to credentialed financial professionals e.g. CFPs, CPAs, etc.
- Up to three (3) financial consultations per year with no time limit
- On-line financial well-being resource center
- Self-directed learning modules
- Financial Assessment Calculators

# Substance Use Disorder (SUD) Helpline

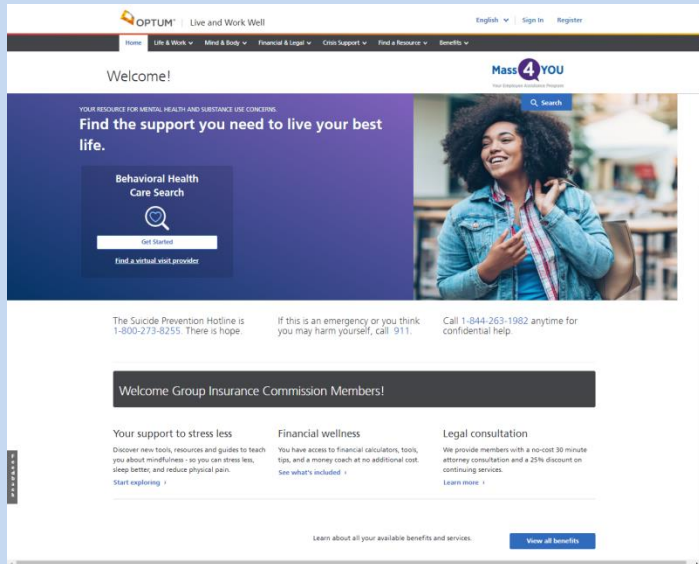
***Mass4YOU includes a dedicated Substance Use Disorder Hotline leveraging Optum's capabilities: 1-855-780-5955.***

- Confidential
- Respect for caller privacy
- Arrange for immediate clinical evaluations for members ready to engage in care
- Support for parents, family members and caregivers



# Liveandworkwell.com Website and Mobile App

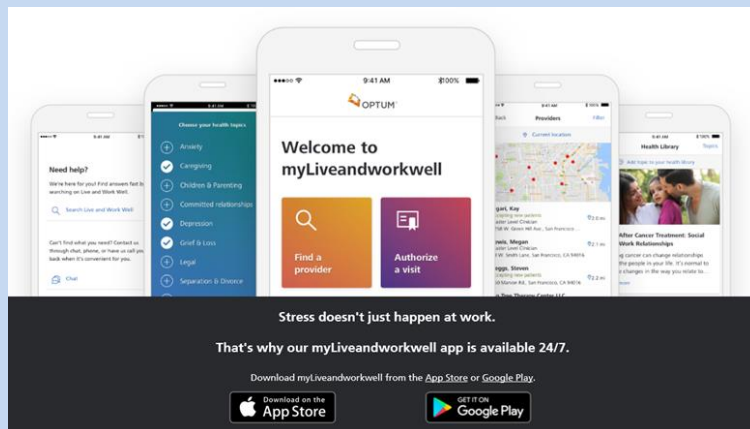
## Website



To use the Website:

- Go to **liveandworkwell.com**
- Enter Access Code: **Mass4YOU**
- On the site **you can**:
  - Search for a “virtual” Provider
  - Identify Child and Eldercare Resources
  - Find valuable legal and financial info
  - Access articles, trackers and tools
  - Complete self-paced training modules
  - Participate in eMindful
  - And so much more

## Mobile App



To use the Mobile App:

- Search for **myliveandworkwell** on the Apple or Google Play store
- Download the App
- Enter Access Code: **Mass4YOU**
  - Customize your Library
  - Find a Provider
  - Connect with Resources

# Connecting with Mass4YOU

**Mass4YOU- 844-263-1982, TTY 711**

**[WWW.LIVEANDWORKWELL.COM](http://WWW.LIVEANDWORKWELL.COM)** access code: **mass4you**

**Substance Use Disorder (SUD) Helpline 1-855-780-5955**